

What About Those B Vitamins?

S G S N I M A T I V R K T R S
O T O J M S H V P E A S E I Z
D I C A C I N E H T O T N A P
K B B U A A A I S S N A E S V
H S I M D N C L E I I S R L E
S R I O E O A K V T G F G L G
Q N I M T E R A C G O Q Y E E
E Z I P R I L P E R X R I C T
Y A J E E F N C Y W Q A P D A
R A C B O Q S E B R K M Z O B
T O K B N I A C I N I T E O L
L Y I T S N A E B P J A J L E
U R F O L I C A C I D E D B S
O S L W A S P C L F J M J A Q
P X R T V F F A O R C Q D W D

ANEMIA
BLOOD-CELLS
EGGS
FOLIC-ACID
PANTOTHENIC-ACID
PROTEINS
VEGETABLES

BEANS
CEREALS
ENERGY
MEAT
PEAS
RIBOFLAVIN

BIOTIN
DAIRY-PRODUCTS
FISH
NIACIN
POULTRY
THIAMINE